

*Fairfax County Department of
Community and Recreation Services*

September 2006

JOURNEYS



**Little River Glen Senior Center
4001 Barker Court
Fairfax, VA 22032
703-503-8703
TTY 711**

www.fairfaxcounty.gov/rec



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 703-222-9693. Please allow 10 working days in advance of the event in order to make the necessary arrangements.



A Fairfax County, Va., publication

September 2006

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Monday, September 4, 2006, – Center Closed For Labor Day

Thursday, September 7, 2006, 10:15 a.m. – 1:30 p.m. Expo/ Springfield Mall

Monday, September 11, 2006, 10 a.m. - Men's Club

Monday, September 11 & 18, 2006, 1 p.m. – Book Club with Brenda

Wednesday & Friday, September 13, 15, 20, 22, 26, 29, 2006, 9:30 a.m. – Functional Fitness

Tuesday, September 12, 2006, 11 a.m. – Support Group with Frances cancelled.

Friday, September 8 & 22, 2006, 10 a.m. – Blood Pressure Check

Friday, September 8, 2006, 10 a.m. – VIB (Visually Impaired Blindness) Support Group

Thursday, September 21, 2006, 1 p.m. – CVS (Cataracts, glaucoma and macular degeneration)

Tuesday, September 26, 2006, 11 a.m. – Support Group with Frances

Tuesday, September 26, 2006, 1:15 p.m. – Advisory Council Meeting. Anyone can come to see what it is all about.

Wednesday, September 27, 2006, Used/new book sale 11 - 2 p.m.

Thursday, September 28, 2006, 1 p.m. – Presentation with Cathy Cole

Starting Wednesday, October 4, 2006, 10 a.m. Gentle Yoga class eight weeks.

Trips



Please sign up at the front desk at least one week in advance. A minimum of eight paid reservations are required by the day before the trip in order for the trip to run.
\$1.00 for bus. Lunch on your own.

Thursday, September 7, 2006, 10:15 a.m. - 2 p.m.	Springfield Mall
Thursday, September 14, 2006, 10:15 a.m. - 2 p.m.	Wal-Mart Fair Lakes
Thursday, September 21, 2006, 10:15 a.m. - 2 p.m.	Tyson's Corner
Thursday, September 28, 2006, 10:15 a.m. - 2 p.m.	Fair Oaks Mall

Happiness is not something you get but something you do.





September Seniors

Tuesday, September 10, 2006 is Grandparents' Day so Happy Grandma and Grandpa Day to all of you!

**We want to welcome everyone back to a new and improved Little River Glen.
We have missed all of you.**

September 2006

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4001 Barker Ct. Fairfax, Va. 22032 Phone 703-503-8703 TTY 711 Hours: Monday – Friday 9 a.m. – 4 p.m.</p>	<p>Director: Karen Gasper Assistant Director: Brenda Ryan</p>			<p>9 a.m. Bridge 1 9 a.m. Functional Fitness 10 a.m. Beginning Tap II 10 a.m. Kings in the Corners 10 a.m. Rummicube 11 a.m. Morning Stretches! 11 a.m. Intermediate Tap I 1:15 p.m. Bingo 2:15 p.m. Yahtzee 3 p.m. Chair Exercise Class 3 p.m. Computer Free Time</p>
<p>4</p> <p>CENTER CLOSED FOR LABOR DAY</p>	<p>8:30 a.m. Walking Club 5 10 a.m. Rummicube 10 a.m. Kings in the Corner 11 a.m. Morning Stretches 1 p.m. Florida Canasta 1 p.m. LRG Chorus Practice 2:30 p.m. Pace Exercise 3 p.m. Current Events</p>	<p>9 a.m. Bridge 6 9:30 a.m. Artists' Group 9:45 a.m. Advance Tap II 10 a.m. Kings in the Corner 10:45 a.m. Advanced Tap I 11 a.m. Morning Stretches 1 p.m. BUNKO 1 p.m. Beg. Line Dancing 3 p.m. Chair Exercise 3 p.m. Computer Time</p>	<p>8:30 a.m. Walking Club 7 10 a.m. Kings in the corner 10 a.m. Rummicube 10 a.m. Trip: Springfield Mall 11 a.m. Morning Stretches! 1 p.m. Canasta 1:15 p.m. Beginner Tap I 2:30 p.m. Pace Exercise</p>	<p>9 a.m. Bridge 8 10 a.m. Beginning Tap II 10 a.m. Kings in the Corners 10 a.m. Blood Pressure Check 10 a.m. VIB Support Group 11 a.m. Intermediate Tap I 11 a.m. Morning Stretches! 1:15 p.m. Bingo Club 2:15 p.m. Yahtzee 3 p.m. Chair Exercise Class 3 p.m. Computer Free Time</p>
<p>10 a.m. Line Dancing Int. II 11 10 a.m. Kings in the Corners 10 a.m. Crafts w/Helen 10 a.m. Men's Club 11 a.m. Morning Stretches! 11 a.m. Line Dancing Beg. II 1 p.m. Book Club with Brenda 1 p.m. Tap Practice 2 p.m. Tap Practice 3 p.m. Chair Exercise 3 p.m. Computer Free Time</p>	<p>8:30 a.m. Walking Club 12 9:45 a.m. French Conv. (RR) 10 a.m. Rummicube 10 a.m. Kings in the Corner 11 a.m. Morning Stretches 1 p.m. Florida Canasta 1 p.m. LRG Chorus Practice 2:30 p.m. Pace Exercise 3 p.m. Current Events</p>	<p>9 a.m. Bridge 13 9:30 a.m. Artists' Group 9:45 a.m. Functional Fitness 9:45 a.m. Advanced Tap II 10 a.m. Kings in the Corner 10:45 a.m. Advanced Tap I 11 a.m. Morning Stretches! 1 p.m. Rummicube 1 p.m. Line Dancing 3 p.m. Chair Exercise 3 p.m. Computer Time</p>	<p>8:30 a.m. Walking Club 14 10 a.m. Kings in the corner 10 a.m. Decorated Letter 10 a.m. Trip: Walmart 11 a.m. Morning Stretches! 1 p.m. Canasta 1:15 p.m. Beginner Tap 1 2:30 p.m. Pace Exercise</p>	<p>9 a.m. Bridge 15 9:45 a.m. Functional Fitness 10 a.m. Beginning Tap II 10 a.m. Kings in the Corners 11 a.m. Morning Stretches! 11 a.m. Intermediate Tap I 1:15 p.m. Bingo 2:15 p.m. Yahtzee 3 p.m. Chair Exercise Class 3 p.m. Computer Free Time</p>
<p>10 a.m. Line Dancing Int. II 18 10 a.m. Kings in the Corners 10 a.m. Rummicube 11 a.m. Morning Stretches! 11 a.m. Line Dance Beg II 1 p.m. Tap Practice 2 p.m. Tap Practice 3 p.m. Chair Exercise 3 p.m. Computer Free Time</p>	<p>8:30 a.m. Walking Club 19 9 a.m. Body Sculpting (RR) 9:45 a.m. French Conv. (RR) 10 a.m. Drawing 1 (RR) 10 a.m. Jazzercise Lite (RR) 11 a.m. Morning Stretches 1 p.m. LRG Chorus Practice 1 p.m. Florida Canasta 1 p.m. Mah Jongg 2:30 p.m. Pace Exercise 3 p.m. Current Events</p>	<p>9 a.m. Bridge 20 9:30 a.m. Artists' Group 9:45 a.m. Functional Fitness 9:45 a.m. Advanced Tap II 10 a.m. Kings in the Corners 10:45 a.m. Advanced Tap I 11 a.m. Morning Stretches! 1 p.m. Line Dancing 1 p.m. Birthday Party 3 p.m. Chair Exercise 3 p.m. Computer Free Time</p>	<p>8:30 a.m. Walking Club 21 9 a.m. Body Sculpting (RR) 9:45 a.m. Italian Int./Adv. (RR) 10 a.m. Jazzercise Lite (RR) 10 a.m. Trip: Tyson's Mall 10 a.m. Decorated Letter 11 a.m. Morning Stretches! noon Italian Int./Adv. (RR) 1 p.m. Canasta 1 p.m. CVS presentation 1:15 p.m. Beginners Tap I 2:30 p.m. Pace Exercise</p>	<p>9 a.m. Bridge 22 9:45 a.m. Functional Fitness 10 a.m. Beginning Tap I 10 a.m. Blood Pressure Check 10 a.m. Kings in the Corners 11 a.m. Morning Stretches! 11 a.m. Intermediate Tap I 1:15 p.m. Bingo Club 2:15 p.m. Yahtzee 3 p.m. Chair Exercise Class 3 p.m. Computer Free Time</p>

10 a.m. Line Dancing Int. II 10 a.m. Kings in the Corners 10 a.m. Rummicube 11 a.m. Morning Stretches! 11 a.m. Line Dance Beg II 1 p.m. Book club with Brenda 1 p.m. Tap Practice 2 p.m. Tap Practice 3 p.m. Chair Exercise 3 p.m. Computer Free Time	25	8:30 a.m. Walking Club 9 a.m. Body Sculpting 9:45 a.m. French Conv. (RR) 10 a.m. Drawing 1 (RR) 10 a.m. Jazzercise Lite (RR) 11 a.m. Morning Stretches 11 a.m. Support Group 1 p.m. LRG Chorus Practice 1 p.m. Florida Canasta 1:15 p.m. LRG Advisory Meeting 2:30 p.m. Pace Exercise 3 p.m. Current Events	26	9 a.m. Bridge 9:30 a.m. Artists' Group 9:45 a.m. Functional Fitness 9:45 a.m. Advanced Tap II 10 a.m. Kings in the Corners 10:45 a.m. Advanced Tap I 11 a.m. Morning Stretches! 1 p.m. BUNKO 1 p.m. Line Dancing 3 p.m. Chair Exercise 3 p.m. Computer Free Time	27	8:30 a.m. Walking Club 9 a.m. Body Sculpting (RR) 9:45 a.m. Italian Int/Adv. (RR) 10 a.m. Jazzercise Lite (RR) 10 a.m. Trip: Fair Oaks 10 a.m. Decoration Letter 11a.m. Morning Stretches! noon Italian Int./Adv. (RR) 1p.m. Advance Bridge 1p.m. Cathy Cole: TBA 1:15 p.m. Beginners Tap I	28	9 a.m. Bridge 9:45 a.m. Functional Fitness 10 a.m. Beginning Tap I 10 a.m. Kings in the Corners 10 a.m. Rummicube 11 a.m. Morning Stretches! 11 a.m. Intermediate Tap I 1:15 p.m. Bingo Club 2:15 p.m. Yahtzee 3 p.m. Chair Exercise Class 3 p.m. Computer Free Time	29
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Tell a friend. Bring a friend. Make a friend!

**Look inside for:
Special programs and our newest activities**

**Birthday Celebration on September 20, 2006
Entertainment to be announced**

**Join your friends at Little River Glen.
If you have questions:
Call us at 703-503-8703
TTY 711**

